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Bangalore Mirror ON SATURDAY

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HEALTH TIP: Vary your workouts to work on different parts of your body and at different intensities to get your body worked up and burn that extra fat

Having a restful 7-8 hours of sleep is vital for weight loss

BangaloreMirror
Saturday, November 18, 2023
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UNCOMFORTABLY NUMB

Compassion fatigue can happen to anyone — here's how you can overcome it

When tragic events happen, no matter how far away from us they are, it's hard not to pay attention. Many of us empathise with the people in these situations and wonder how we can get involved, or if there's anything we can do to help.

Over the past few years, we've borne witness to a series of pivotal global events, from the Covid pandemic to the wars, as well as many natural disasters.

With so many tragedies following so closely after one another, some of us may be finding that as much as we want to engage with what's going on, we have no more sympathy left to give and would rather switch off from what's going on around us.

If you've been feeling this way, just know it doesn't mean you lack sympathy for others. Rather, it may be a sign that you have "compassion fatigue".

Compassion fatigue is a stress response that results in feelings of apathy or indifference towards those who are suffering.

This phenomenon is particularly common in healthcare. Health and social workers may be particularly prone because the nature of their work often means sharing the emotional burden of their patients.

Psychologists have also found that people with certain personality types may be at higher risk of experiencing compassion fatigue. For instance, people who tend to hold their emotions in, but are prone to pessimism and worrying, are more susceptible.

The term is also increasingly used to describe a general desensitisation of public concern for social problems.

But why, as journalism professor Susan Moeller writes in her book Compassion Fatigue, do we "seem to care less and less about the world around us" – even when the news stories and images we see are so haunting and shocking?

Science offers us one explanation, and that is that an excess of compassion can lead to depression, burnout and feeling overwhelmed. Compassion fatigue acts as a "survival strategy" to overcome being exposed to the suffering of others.

The media may also partly play a role in this phenomenon. Many publications are aware that when there's a cascade of crises, our level of concern appears to diminish.

So, publications strive to capture attention with increasingly vivid content to keep viewers engaged. According to Moeller, journalists do this by discarding events that lack drama or lethality compared to previous ones, or by employing bolder language and imagery in their stories.

This is then paired with near-constant exposure to the news – our phones giving us ready access to catastrophes and world events as they happen. This intensified and recurrent exposure to ever more vivid, distressing events creates an ideal environment for compassion fatigue to surface.

Regardless of the reasons you may be experiencing compassion fatigue, it isn't a permanent phenomenon. There are many techniques you can use to cope and overcome it. Here are some.

1 Acceptance

Don't feel guilty for feeling disengaged from the news. It's normal to find it distressing when hearing traumatic news stories, or seeing distressing images.

This coping technique is called avoidance and explains why so many of us want to switch away from troubling things.

Knowing and accepting that this is a normal response given the circumstances is the initial step to overcoming compassion fatigue.

2 Set boundaries

Take charge of your news intake by deactivating notifications and controlling when and how often you engage with it. Not only can this improve feelings of compassion fatigue, it may also have other benefits.

For example, excessive social media use can disrupt sleep, so managing news consumption, especially before bedtime, can help.

3 Slow down

Witnessing others' suffering can trigger stress responses in our body, including an accelerated heart rate.

If you find you're feeling anxious or stressed when consuming news, relaxation techniques, such as meditation and deep breathing, can help.

Loving-kindness meditation may be particularly helpful for improving wellbeing and compassion. This meditation technique involves focusing on the positive and cultivating feelings of love, compassion and goodwill towards oneself and others.

4 Connect with nature

Taking a walk in nature can help reduce stress levels. This may also help to alleviate compassion fatigue, as elevated cortisol levels (known as the "stress hormone") are linked to chronic stress, burnout and emotional stress – all of which can worsen compassion fatigue.

5 Be nurturing

Caring for plants or pets profoundly affects wellbeing. Nurturing living things fosters personal fulfilment, and companion animals can reduce negative emotions, mitigating some of the effects of compassion fatigue.

6 Take action

Try addressing problems you can solve instead of dwelling on insurmountable issues. Volunteering might be one way to do this. It's also linked to better mental and physical wellbeing.

Charitable giving can also increase happiness and wellness, which may mitigate the effects of compassion fatigue.

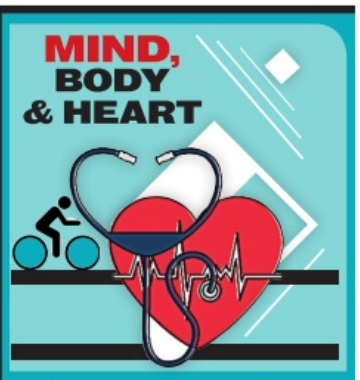
These concrete actions can restore a sense of agency, reducing the helplessness associated with compassion fatigue.

7 Seek support

If you're finding it difficult to cope or your compassion fatigue has been happening for some time, you might consider seeking support. A specialist or therapist may be helpful, but guided videos, tutorials or online meditation resources can also work.

Hopefully, by implementing these tools, you can reclaim agency over your emotions, accept them and work towards restoring your wellbeing.

(By Carolina Pulido Ariza, University of Plymouth, The Conversation)



All you need to know about...

Weight & energy

Day or night
Weight influences how and at what time bodies burn energy, shows a new research.
The study published in the journal 'Obesity' found people who have a healthy weight use more energy during the day, when most people are active and eat, while those who have obesity spend more energy during the night, when most people sleep.

More insulin
It also found that during the day, those with obesity have higher levels of the hormone insulin -- a sign that the body is working harder to use glucose, an energy-packed sugar.
"It was surprising to learn how dramatically the timing of when our bodies burn energy differed in those with obesity," said Andrew McHill, Assistant Professor at Oregon Health & Science University in the US.
"However, we're not sure why. Burning less energy during the day could contribute to being obese, or it could be the result of obesity," McHill added.

What is obesity
Obesity is defined as having a Body Mass Index (BMI) of 30 or more. Being overweight or obese increases the risk for health conditions such as high blood pressure and Type 2 diabetes.

Schedules matter
Daily schedules and when people sleep, eat and exercise can also affect health, by either complementing or going against the body's natural, daily rhythms. Every 24 hours, people experience numerous changes that are triggered by the human body's internal clock. These changes normally occur at certain times of the day in order to best serve the body's needs at any given hour.

—IANS

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Allegations concerning tender holding up operations of 3 mega waste transfer stations set up at a cost of Rs 36 cr

WASTEAWAY

Project estimated to cost Palike Rs 305 cr

| Melvin Mathew
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TWEETS @BangaloreMIRROR

Three mega waste transfer stations constructed at a cost of Rs 36 crore are still not operational despite being ready for months.

Officials BM spoke to said that a few allegations about the tender called for the facility have delayed the operationalising process.

In a larger bid towards scientific management of city waste, the BBMP had decided to construct three mega transfer stations in the city. With a capacity of handling 150 TPD of wet waste, the mega transfer stations have been set up in Ejipura, Mahadevapura and Chamarajpet.

The tender was awarded as a joint venture to Parishud Ventures and HYVA India Ltd.

Responding to the delay in operationalising these mega transfer stations, a senior official said: "It is completed in all respects and ready for operation. However, since there was an allegation concerning the tender for the said project, a committee was formed to look into the allegations. After the committee submits the report, the government has to agree to it and give the go-ahead

CONTINUED ON PAGE 8 »

"Since there was an allegation on the tender award for the said project a committee was formed to look into the allegations —official

Women's safety audit

Audit envisages safer, empowered assembly constituencies for women through integrated set of programmes

| Iffath.Fathima
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TWEETS @BangaloreMIRROR

Public place safety score can be improved by focusing on fixing street lights, footpaths alongside improvements in anganwadi kendras which in turn can empower working women, an audit report of Dasarahalli and Hebbal assembly constituencies stated.

B.SAFE Constituency is a unique initiative by Bangalore Political Action Committee (B.PAC) in partnership with various stakeholders, community and domain experts on a common platform that facilitates a safer and empowered assembly constituency for women through an integrated set of programmes like public place audits, community awareness and recommended action plans. The initiative is supported by CGI as part of a CSR initiative.

The audit was conducted at 298 public places and 29 streets in 12 BBMP wards in Dasarahalli and eight BBMP wards in Hebbal during June and July 2023. The audit included six types of public places that women access on a regular basis — 76 anganwadi kendras, 92 bus stops, 54 parks, 10 PHCs, seven police stations, 35 public toilets in the two assembly constituencies.

To conduct this audit 20 B.SAFE ambassadors were chosen -- 12 from Dasarahalli and eight from Hebbal. The ambassadors underwent capacity building sessions conducted by domain experts on concepts

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Run for health

Participate in a marathon being conducted by Canara Bank this Sunday. This marathon is a celebration of unity and fitness, and it aims to inspire others and build a healthy community. You can also compete in three categories, like the Canara Fun Run (3K), the Canara Savings Run (5K), and the Canara Premium Run (10K). Winners of the Canara Premium Run and Canara Savings Run stand a chance to win prize money up to Rs 2 lakh and Rs 1 lakh, respectively.
Where: Sree Kanteerava Stadium; When: Sunday, November 19; 5 am onwards; Registration: https://canarabankmarathon2023.com

02 Music and beyond

Get ready for unique live music experiences at Echoes of Earth, which is a celebration of music, art, culture, and conservation efforts. The 6th edition of the festival highlights the interconnectedness of India's richest biodiversity hotspot, the Western Ghats. This year, the festival features artists such as Haribabu Natesan, the Aravani Art Project, and Siddharth Karawal.
Where: Embassy International Riding School When: December 2 and 3

03 Abstract work

Renowned artist and creative producer RB Murari is set to take Bengaluru's art lovers on an emotional exploration through his art. Based in Chennai, he is known for his abstract art and has been practicing it for over three decades now. His exhibition, Emotive Resonance, will project a range of non-objective abstract artwork. **Where: Manjushree Khaitan Foundation (MKF) Museum of Art, 55/1, Lavelle Road; When: November 25 to December 10; 11 am to 6:30 pm (closed on Mondays)**

Cosplay magic

People participating at Bengaluru Comic Con; the event was graced by some of the biggest cosplayers on Friday

Planning to exit masters course? Take a chill pill

UGC states that individuals enrolling in two-year PG programmes will have single designated exit point

Sridhar Vivan
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TWEETS @sridharvMirror

With a section of students dropping out of PG for various reasons, here is news to cheer. Those PG students who quit studies after one year could earn a postgraduate diploma, while those who manage to complete the two-year course will get the post-graduation.

According to the draft curriculum and credit framework for PG programmes, released by the University Grants Commission (UGC) on Friday, for the PG programme, there shall only be one exit point for those who join a two-year PG programme. "Students who exit at the end of their first year shall be awarded a postgraduate diploma. The PG programme should include vocational courses relevant to the chosen discipline," it said.

A senior UGC official said, "The proposed 'Curriculum and Credit Framework for Postgraduate Programmes' introduces a range of flexible options to enhance the educational experience for students. For those who successfully complete their undergraduate (UG) studies with a double major, the framework offers the flexibility to choose either of the two subjects they have majored in when pursuing their postgraduate studies. This allows students to tailor their academic path to align with their specific interests and strengths. Similarly, for UG students who complete their studies with a major and one or more minors, the framework provides flexibility in opting for either the major or the minor(s) subject during their Master's programme."

This adaptive approach acknowledges the diverse academic backgrounds and preferences of learners, empowering them to shape their educational journey based on their aspirations. An essential feature of the framework is the emphasis on providing learners with the opportunity to select courses aligned with their individual interests. This not only encourages a more personalised and engaging learning experience but also fosters a sense of ownership and enthusiasm among students for their academic pursuits.

"The framework recognises the evolving landscape of education by allowing students the flexibility to switch between offline, open and distance learning (ODL), online learning, and hybrid modes based on their individual needs and circumstances. This adaptability ensures that the education system remains responsive to the changing dynamics of the learning environment, catering to the diverse learning preferences of students," added the official.

The draft report states that within the framework of the National Higher Education Qualifications Framework (NHEQF), higher education qualifications are systematically organised across levels ranging from 4.5 to 8. These levels delineate a progression of stages, each defined by specific learning outcomes against which typical qualifications are positioned. "Learning outcomes articulate the knowledge, understanding, and skills a learner is expected to acquire upon successfully completing an approved programme of study at a designated level.

Students who exit at the end of their first year shall be awarded a postgraduate diploma, says UGC

> **"The framework recognises the evolving landscape of education by allowing students to switch between offline and distance learning** –UGC official

Graduates of programmes under the NHEQF are required to demonstrate the defined graduate attributes corresponding to the expected learning outcomes," said the draft report. Officials highlight eligibility criteria for master's programmes within the NHEQF, stressing specific credit requirements based on the type and duration of the preceding undergraduate degree. For instance, a bachelor's degree with honours or honours with research, totaling a minimum of 160 credits, qualifies a student for a 1-year/2-semester master's programme at Level 6.5 on the NHEQF.

"ಸಹಕಾರಂ ಗೆಲ್ಗೆ ಸಹಕಾರಂ ಬಾಳ್ಗೆ"

ಕರ್ನಾಟಕ ರಾಜ್ಯ ಸಹಕಾರ ಮಹಾಮಂಡಳ ನಿಯಮಿತ, ಬೆಂಗಳೂರು
ಕರ್ನಾಟಕ ರಾಜ್ಯ ಸಹಕಾರ ಮಾರಾಟ ಮಹಾಮಂಡಳ ನಿಯಮಿತ, ಬೆಂಗಳೂರು
ದಕ್ಷಿಣ ಕನ್ನಡ ಜಿಲ್ಲಾ ಕೇಂದ್ರ ಸಹಕಾರಿ ಬ್ಯಾಂಕ್ ನಿಯಮಿತ, ಮಂಗಳೂರು

ನೇತೃತ್ವದಲ್ಲಿ

ದಕ್ಷಿಣ ಕನ್ನಡ ಮತ್ತು ಉಡುಪಿ ಜಿಲ್ಲಾ ಸಹಕಾರಿ ಯೂನಿಯನ್ ನಿಯಮಿತ । ದಕ್ಷಿಣ ಕನ್ನಡ ಸಹಕಾರಿ ಹಾಲು ಉತ್ಪಾದಕರ ಒಕ್ಕೂಟ ನಿಯಮಿತ, ಮಂಗಳೂರು
ನವೋದಯ ಗ್ರಾಮ ವಿಕಾಸ ಚಾಲಿಟೆಬಲ್ ಟ್ರಸ್ಟ್ ರಿ., ಮಂಗಳೂರು । ಸಹಕಾರ ಇಲಾಖೆ ಹಾಗೂ ದಕ್ಷಿಣ ಕನ್ನಡ ಮತ್ತು ಉಡುಪಿ ಜಿಲ್ಲೆಯ
ಎಲ್ಲಾ ಕೃಷಿ ಪತ್ತಿನ ಸಹಕಾರ ಸಂಘಗಳು, ಪಟ್ಟಣ ಸಹಕಾರ ಬ್ಯಾಂಕ್‌ಗಳು ಹಾಗೂ ಎಲ್ಲಾ ವಿಧದ ಸಹಕಾರ ಸಂಘಗಳ

ಸಹಯೋಗದೊಂದಿಗೆ

70ನೇ ಅಖಿಲ ಭಾರತ ಸಹಕಾರ ಸಪ್ತಾಹ-2023

ಇಂದು ತಾ. 18-11-2023ನೇ ಶನಿವಾರ. ಸಮಯ: ಪೂರ್ವಾಹ್ನ 10.00 ಗಂಟೆಗೆ
ಸ್ಥಳ: ಉರ್ವ ಕ್ರಿಕೆಟ್ ಮೈದಾನ (ಉರ್ವ ಮಾರ್ಕೆಟ್) ಮಂಗಳೂರು

ಸಹಕಾರ ಜಾಥಾ

(ಪೂರ್ವಾಹ್ನ 9.00 ಗಂಟೆಗೆ): ದಕ್ಷಿಣ ಕನ್ನಡ ಜಿಲ್ಲಾ ಕೇಂದ್ರ ಸಹಕಾರಿ ಬ್ಯಾಂಕಿನ ಅವರಣದಿಂದ ಉರ್ವ ಕ್ರಿಕೆಟ್ ಮೈದಾನದವರೆಗೆ

ವಿಷಯ: "ಸಾರ್ವಜನಿಕ-ಖಾಸಗಿ-ಸಹಕಾರಿ ಸಹಭಾಗಿತ್ವವನ್ನು ಬಲಪಡಿಸುವುದು"

ವಸ್ತು ಪ್ರದರ್ಶನ ಮಳಿಗೆಗಳ ಉದ್ಘಾಟನೆ

ಸನ್ಮಾನ್ಯ ಶ್ರೀ ಯು.ಟಿ. ಖಾದರ್ ಫರೀದ್
ಮಾನ್ಯ ಸಭಾಧ್ಯಕ್ಷರು,
ಕರ್ನಾಟಕ ವಿಧಾನಸಭೆ

ಸಮಾರಂಭದ ಉದ್ಘಾಟನೆ

ಸನ್ಮಾನ್ಯ ಶ್ರೀ ಕೆ.ಎನ್. ರಾಜಣ್ಣ
ಮಾನ್ಯ ಸಹಕಾರ ಸಚಿವರು,
ಕರ್ನಾಟಕ ಸರಕಾರ

ಉತ್ತಮ ಸಹಕಾರ ಸಂಘಗಳಿಗೆ ಪ್ರಶಸ್ತಿ ಪ್ರದಾನ

ಸನ್ಮಾನ್ಯ ಶ್ರೀ ದಿನೇಶ್ ಗುಂಡೂರಾವ್
ಮಾನ್ಯ ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖಾ ಸಚಿವರು, ಕರ್ನಾಟಕ ಸರಕಾರ ಹಾಗೂ ದಕ್ಷಿಣ ಕನ್ನಡ ಜಿಲ್ಲಾ ಉಸ್ತುವಾರಿ ಸಚಿವರು

ಉತ್ತಮ ಸ್ವ-ಸಹಾಯ ಸಂಘಗಳಿಗೆ ಪುರಸ್ಕಾರ

ಸನ್ಮಾನ್ಯ ಶ್ರೀ ನಳಿನ್ ಕುಮಾರ್ ಕಟೀಲು
ಮಾನ್ಯ ಸಂಸದರು
ಮಂಗಳೂರು ಲೋಕಸಭಾ ಕ್ಷೇತ್ರ

ಸಹಕಾರಿ ಧ್ವಜಾರೋಹಣ

ಸನ್ಮಾನ್ಯ ಶ್ರೀ ಜಿ.ಟಿ. ದೇವೇಗೌಡ
ಮಾನ್ಯ ಶಾಸಕರು
ಅಧ್ಯಕ್ಷರು, ಕರ್ನಾಟಕ ರಾಜ್ಯ ಸಹಕಾರ ಮಹಾಮಂಡಳ ನಿ., ಬೆಂಗಳೂರು

ಅಧ್ಯಕ್ಷತೆ

ಸನ್ಮಾನ್ಯ ಡಾ॥ ಎಂ.ಎನ್. ರಾಜೇಂದ್ರ ಕುಮಾರ್
ಅಧ್ಯಕ್ಷರು, ಕರ್ನಾಟಕ ರಾಜ್ಯ ಸಹಕಾರ ಮಾರಾಟ ಮಹಾಮಂಡಳ ನಿ., ಬೆಂಗಳೂರು
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ಮೆರವಣಿಗೆ ಉದ್ಘಾಟನೆ

ಸನ್ಮಾನ್ಯ ಶ್ರೀ ವೇದವ್ಯಾಸ್ ಡಿ. ಕಾಮತ್
ಮಾನ್ಯ ಶಾಸಕರು,
ಮಂಗಳೂರು ದಕ್ಷಿಣ ವಿಧಾನಸಭಾ ಕ್ಷೇತ್ರ

ಮುಖ್ಯ ಅತಿಥಿಗಳು

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ಗೌರವ ಉಪಸ್ಥಿತಿ

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ಮಂಗಳೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ

ಶ್ರೀ ಕೆ.ಪಿ. ಸುಚರಿತ ಶೆಟ್ಟಿ
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ವಿಶೇಷ ಆಹ್ವಾನಿತರು

ಶ್ರೀ ಮಂಜುನಾಥ ಪ್ರಸಾದ್ ಭಾ.ಆ.ಸೇ
ಸರ್ಕಾರದ ಪ್ರಧಾನ ಕಾರ್ಯದರ್ಶಿಗಳು,
ಸಹಕಾರ ಇಲಾಖೆ,
ಕರ್ನಾಟಕ ಸರ್ಕಾರ, ಬೆಂಗಳೂರು

ಕ್ಯಾಪ್ಟನ್ ಡಾ॥ ಕೆ. ರಾಜೇಂದ್ರ ಭಾ.ಆ.ಸೇ
ಸಹಕಾರ ಸಂಘಗಳ ನಿಬಂಧಕರು,
ಕರ್ನಾಟಕ ರಾಜ್ಯ,
ಬೆಂಗಳೂರು

ಶ್ರೀ ಮುಲ್ಲೈ ಮುಹಿಲನ್ ಎಂ.ಪಿ. ಭಾ.ಆ.ಸೇ
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ದಕ್ಷಿಣ ಕನ್ನಡ ಜಿಲ್ಲೆ

ಶ್ರೀ ಅನುಪಮ್ ಅಗರ್‌ವಾಲ್ ಭಾ.ಪೊ.ಸೇ.
ಪೊಲೀಸ್ ಆಯುಕ್ತರು,
ಮಂಗಳೂರು

ಆದರದ ಸ್ವಾಗತ ಕೋರುವ

ಶ್ರೀ ಬೆಳ್ಳಿಪ್ಪಾಡಿ ಪ್ರಸಾದ್ ಕೌಶಲ್ ಶೆಟ್ಟಿ
ಅಧ್ಯಕ್ಷರು, ದಕ್ಷಿಣ ಕನ್ನಡ ಜಿಲ್ಲಾ ಸಹಕಾರಿ ಯೂನಿಯನ್ ನಿ., ಮಂಗಳೂರು

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ಮೈಸೂರು ಪ್ರಾಂತ, ಮೈಸೂರು.

ಶ್ರೀ ರಮೇಶ್ ಹೆಚ್.ಎನ್.
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Seamless connection to Kanakapura

Widening of Kanakapura Road is enhancing appeal of plots in area; property dealers say that transformation into four-lane road holds numerous benefits for Bengalureans (strap)

The expansion of Kanakapura Road to four lanes is set to simplify travel in the area, making plots in and around it increasingly attractive for property investment. Although the project faced delays, it is now gaining momentum.

R Prasad, a property dealer, said, "Kanakapura Road is one of the preferred destinations for buying property. Thanks to the highway, Metro, and NICE Road, many are buying plots on Kanakapura Road to build their dream homes. There is also a proposal to connect Kanakapura with a railway line from Hejjala, and if that happens, it will give a further boost as well."

If we look at the history of Kanakapura Road construction, the project was initially awarded to a concessionaire in August 2017, but the actual work commenced in January 2018 with a scheduled completion time of two years. Unfortunately, a family dispute ensued due to the death of the concessionaire's head, resulting in a temporary halt. Following extensive negotiations, the project has been reassigned to a new concessionaire, who has resumed the widening work. This undertaking is a longstanding initiative by NHAI to enhance National Highway 209. According to the plan, the NICE junction to Kanakapura stretch will be expanded to four lanes, while the Kanakapura to Tamil Nadu border (near Chamarajanagar) section will become an improved two-lane road.

"Kanakapura Road serves as a crucial link to Bengaluru, experiencing high traffic density. The transformation into a four-lane road holds numerous benefits for Bengalureans. With other NH roads connecting the city becoming four-laned, Kanakapura was the final stretch in line for improvement. Additionally, the road

Kanakapura will also be connected with a railway line

can offer an alternative route to Mysuru, with travellers preferring it over the congested route via Channapatna and Mandya. However, for this to be effective, the state government needs to enhance State Highway 33 connecting Malavalli and Mysore," said Suresh Gowda, a property dealer.

Moreover, NH 209 could provide a shorter route to Coimbatore compared to the current road via Krishnagiri. It also serves as an alternative route to Bangalore-Kozhikode through Chamarajanagar-Gundlupet and Sultan Battery, he added.

Boost for suburban rail project

The suburban rail project in Bengaluru received a significant boost through a tripartite agreement signed between the Government of Karnataka, the Ministry of Railways, and KRIDE for the execution of the Bengaluru Suburban Rail Project (BSRP). The agreement outlines the responsibilities and coordination methodology among the Ministry of Railways, the Government of Karnataka, and KRIDE. This development follows the laying of the foundation stone by the Prime Minister in June 2022.

"The BSRP is India's inaugural suburban project implemented under the National Suburban Rail Policy 2018. This tripartite agreement is essential for the successful completion of such a substantial project. It aims to establish broad principles of cooperation and modalities guiding the roles of the Government of Karnataka, the Ministry of Railways, and K-RIDE in the effective implementation of the BSRP project. The agreement is a mandatory requirement for signing a loan agreement with bilateral funding agencies and will facilitate the funding process of 800 million euros, equivalent to Rs 7,438 crores, with KfW, Germany, and the European Investment Bank, Luxembourg," said an official. The project is said to hold immense potential to revolutionise public transportation and connectivity in Bengaluru, contributing significantly to the city's growth and development.

–Prakash VL

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Colours of fall

In these disorderly times, it is an arduous task, to find one's station, even for the clairvoyant; more so for the uber-sensitive explorers of information in the digital plane.

Funny thing is, the smoke and mirrors of this imbalance raised by big tech — where almost all are thrown off their stations into some bizarre resonance chamber in which one has to chant the most popular rhetoric or perish — is helping no one but the nouveau riche of the world get richer.

And the nouveau riche would like it to remain so forever, meantime, waxing eloquent at 'greenwash' summits of monumental scale such as the Cop28 promoted and propagated by the carefully devised media complex of the aforesaid nouveau riche themselves.

It is preposterously absurd they have appropriated just causes that were once championed by real representatives of the poor, voiceless and vulnerable by easing them out embroiling them in fake controversies - read Corbyn or Assange.

Pliant politicians and press are standing by, sadly.

Recently, UK-based digital news portal the Guardian suggested even poets are finding it hard to secure ground in a piece titled 'Japan's haiku poets lost for words as climate crisis disrupts seasons'.

A rather striking photograph depicting an autumnal scene in Japan just as vivid as the 'certainty' of seasons, which is at stake now, graced the article that kept going back to the great haiku master Matsuo Basho and the influence of haiku in popular culture; a successful European politician would swear by haiku, the piece said.

The ethereal image of the fall in a riot of colours had at its centre the vague outline of a human in the balcony of a cottage nestled in the autumnal spread of the canopy, the individual seemingly in contemplation.

In the day's seasonal uncertainty triggered by the climate emergency, contemplation in human, bird, beast or butterfly is in disarray'. It has thrown life off its station. Indecision and knee-jerk reactionary antics are the norm as a result.

No, the pretence isn't helping the collective to cope in this immense loss - though the press keeps at it with its wellness charades of How I achieved this/that... or What I, When I, Where I sort of inspiritonal tropes.

What is even worse is no one's interested in the way in which this scenario shall be discussed in earnest or seems to be even aware of the imminent consequences for humanity in the short term. It should not be limited to pieces on haiku poets at the least.

Fact is this sudden loss of station is throwing us off balance at the individual level and as a collective oftentimes resulting in utter lapse of judgement just as it has resulted in so-called wars and crises with great humanitarian loss — from silly arguments or disagreements at the familial level to high intensity bombarding that is wiping out human settlements in conflict zones.

All of it is triggered by individuals or entities that are thrown off station and unable to decipher in clear conscience what needs to be done to minimise human loss or even unable to comprehend what human loss is if you like. And for that, contemplation is critical. We are deprived of such contemplation today. The resultant chaos is not just courtesy the climate crisis but the constant coaxing of humanity to embrace tech and be done with that quintessential moment of reflection that makes us human.

It has become impossible to disagree: such is the nature of the brute tech bullying, or it shall unleash a campaign to demean your standing at the first instance you call out the farce.

In this vein, just the other day, The Onion, which does a satirical take on news and events especially in the United States, published a note: 'The Onion Stands With Israel Because It Seems Like You Get In Less Trouble For That'.

Now this brings us to the ever critical role media is playing in seminally altering society, surely not for virtuous of causes: To put it bluntly, the notion the press is vital in informing the individual is being turned on its head as campaigns are run at the behest of powerful propagandists to further their power in a quid pro quo with the press itself.

While the developed world has its course comfortably charted even for a calamitous future riddled with extreme weather events, the global south has no option but to be wayward flotsam caught in the undercurrents.

In the world's most populous nation, we do have the option to return to the ideals of the Mahatma, shun the neoliberal penury of life that the hapless and deprived individuals are put through for a minimalist direction that shall use resources judiciously.

Perhaps to begin with we could all vet each piece of information that we come across thoroughly here on.

Well met: Biodiversity panel takes 1 small step

BBMP has to hold BMC meet every 3 months, but committee ineffective since 2019

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The first meeting of Bengaluru's Biodiversity Management Committee was held on Friday after a long gap of nearly four years. Taking the first step towards cataloging Bengaluru's biodiversity, the Bruhat Bengaluru Mahanagara Palike (BBMP) called for the meeting that was attended by BMC members and officials from the Forest Department.

According to the officials, the meeting was convened to ensure the city's biodiversity is documented and steps are taken to conserve it.

"As per the National Green Tribunal's order, the biodiversity repository, called People's Biodiversity Register (PBR), should be updated at regular intervals. However, while Bengaluru's PBR was created in 2010, it has not been updated. We held a meeting with BMC members to streamline the process of documenting biodiversity and to update the PBR. The revived BMC will also regulate pharmaceutical companies that are operating from Bengaluru and utilising natural resources. This will ensure that the resources are not overexploited," said BLG Swamy, deputy conservator of forest, Forest Department, BBMP.

The committee will also look into the protection and conservation of land or forest patches with endangered species of plants and animals. A proposal on budgetary requirements will soon be submitted by the committee.

"Our administrator has directed BMC members to submit a proposal on budget requirements. Members will also come up with suggestions for teams to be involved in carrying out PBR-related groundwork. In all likelihood, college students will be involved in the process," added Swamy.

While Bengaluru got its first BMC in 2009, the committee has not been active since 2019 and thus has failed to perform its primary duty of updating the city's People's Biodiversity Register (PBR). The document was last prepared and updated in 2010.

File photo of horses grazing at the MEG Centre in Bengaluru

As per the Biological Biodiversity Act (BDA) 2002, a BMC must be constituted by every local self-governing institution in rural and urban areas. The committee should then create a PBR, a repository of traditional knowledge of local biological resources. The idea behind PBR is to ensure the conservation and sustainable use of local biological resources while securing equitable sharing of benefits that come from these resources.

As per the Act, BBMP is responsible for calling for the BMC meeting every three months. Notably, Bengaluru's first BMC was formulated in 2009 to investigate and document information for Bengaluru's maiden biodiversity register. The committee then collated the required data and shared it with KBB. However, the register was last updated ten years ago.

Notably, BMC members, on multiple occasions in the past, have reached out to the Forest Department requesting to conduct a meeting of the committee soon to document the city's biodiversity.

> **While Bengaluru's 1st PBR was created over a decade ago, it was never put in the public domain**
>
> –Vijay Nishant, BMC member

According to BMC members, it is time that Bengaluru's PBR is updated soon as a lot has changed in the city due to various infrastructure projects leading to the loss of green cover and thus biodiversity. The PBR prepared by BMC serves as a comprehensive record of various aspects of biodiversity and also creates awareness, which is important for biodiversity conservation.

"The meeting is surely a step in the right direction. While Bengaluru's first PBR was created more than a decade ago, it was never put in the public domain. However, as discussed during the meeting, the document will soon be updated and be available in the public domain," said Vijay Nishant, a BMC member.

Focus on women's safety in constituencies

CONTINUED FROM PAGE 1

focusing on women's safety, government schemes for empowerment, financial literacy, diagnostics of safety in public places, working with police and so forth.

All the audited seven police stations covering both the assembly constituencies have dedicated women's desks, separate waiting areas for women and CCTVs installed and are in working condition; all the audited 10 PHCs provide free medicines for the patients.

Analysis of the sample data collected across the 12 BBMP wards in the Dasarahalli constituency observed that the overall public place safety score for the constituency can be improved — around 54% of the street lights were poorly lit or unlit; bus stops could be made more accessible by providing basic amenities like seating, route maps, walkable footpaths in and around the bus stops and so forth.

The next three priorities were expansion of anganwadi kendras into full day care centres as 58% of them have 20+ working mothers at present. To create a better sense of safety in the parks they need to have CCTV or security guards and access to public toilets throughout the day alongside provision of basic facilities like sanitary pads.

In Hebbal, across the eight BBMP wards it was observed that the top two priorities for immediate action were to focus on fixing the street lights as almost 38% of them are poorly lit or unlit alongside making bus stops more accessible by providing basic amenities.

The next three priorities were making parks safer for users through better lighting and security guards. Opening of public toilets throughout the day and also provision of basic facilities like sanitary pads were recommended as well.

The report will be submitted to the elected representatives of various government departments and stakeholders to intervene and bring in necessary changes for the development of the constituencies.

BMTC's power play: 8 new charging depots for EVs

BMTC boosts infrastructure for phased rollout of 921 electric buses in 2024

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To facilitate the phased rollout of 921 electric buses in 2024, BMTC is strategically expanding its charging infrastructure across depots. BMTC will launch charging infrastructure in 8 new depots.

With the ongoing transition towards e-mobility, BMTC has been progressively integrating more electric buses into its fleet. As the number of electric buses increases, the need for additional charging infrastructure becomes crucial to maintain an uninterrupted schedule. On average, these buses take 40-50 mins to charge the batteries fully. The corporation has planned for charging infrastructure in 8 new depots.

BMTC has already established charging infrastructure at 3 depots for its fleet's existing 390 EV buses. Charging infrastructure is located at Yelahanka (Depot 11), Bidadi (Depot 36), and Surya City (Depot 32). More charging infrastructure is being planned at 8 depots- Shanthinagar (Depot 2 and 3), KR Puram (Depot 29), Hennur (Depot 10), Jigani (Depot 27), Jayanagar (Depot 04), Kannahalli (Depot 35), Deepanjalinagar (Depot 16) and Peenya (Depot 22). According to BMTC officials, depending on bus schedules, an estimated 16-20 charging points will be planned in each depot.

BMTC signed the agreement with Tata Motors's subsidiary TML Smart City Mobility Solutions Ltd for the operation of 921 12 m buses for 12 years in 2022. Recently, BMTC unveiled the prototype 'Starbus EV' and informed its phased rollout from March 2024. At the unveiling, BMTC had planned charging infrastructure in 10 depots- Shanthinagar, Jayanagar, Hennur, Deepanjalinagar, Rajarajeshwarinagar, Peenya 2nd Stage, K R Pura, Seegehalli, and Hoskote. The buses have been procured under the GCC model at the operating fee of Rs 41.01 per km under the FAME-II scheme of the Government of India. BMTC participated in 1,500 electric buses under the Centre's 'Grand Challenge' plan by Convergence Energy Services Ltd (CESL) in 2022.

The prototype bus would run from Kempegowda Bus Stand, Sujata Talkies, Industrial Town Rajajinagar, Havanur Circle, Modi Hospital, Harishchandra Ghat, Central, and back to Kempegowda Bus Stand. The route will run for a tala distance of 202.4 km as per scheduled km and a circular distance of 14.7km.

The Starbus EV by Tata Motors comes with features like a new-gen electric powertrain, advanced Integrated Transport System, Electronic Stability Control, Electronic Brake Distribution, and advanced telematics system, along with comfortable seating for 35 passengers and easy ingress and egress with its low-floor configuration.

As of now, 900 electric buses across multiple cities in India have been supplied by Tata Motors. Cumulatively, the buses have clocked more than 8 crore kilometres, with an uptime of over 95%.

Additional charging infrastructure becomes crucial to maintain an uninterrupted schedule

The corporation has planned for charging infrastructure in 8 new depots. BMTC has already established charging infrastructure at 3 depots for its fleet's existing 390 EV buses

BMRCL-Bosch sign metro link agreement

A connectivity agreement has been signed between the Bangalore Metro Rail Corporation Limited (BMRCL) and Bosch Limited to provide direct access from the concourse level of Lakkasandra underground metro station to Bosch premises through an underground walkway for a period of 30 years. The move will help over 12,000 Bosch employees directly connect to the campus from the station without the necessity of crossing the road. While BMRCL will carry out the infrastructure work, the cost of the project will be borne by Bosch Limited. This is the first such agreement on the Reach 6 Metro Line from Kalena Agrahara to Nagawara. The agreement was signed by Anjum Parwez, IAS, Managing Director, BMRCL and Aravind Maiya, Senior General Manager, Bosch Limited, in the presence of senior officials of BMRCL and Bosch Limited. **-BMB**

Lecturer faces charges of exploitation

An FIR was filed against Ranganath, son of Karnataka BJP MP Devendrappa, in connection with the sexual exploitation of a woman, police said on Friday, adding that a counter-complaint of blackmail has also been filed.

The Basavanagudi Women's Police Station registered the FIR in Bengaluru. The police have charged Ranganath, a lecturer at the Maharaja's College in Mysuru, under Sections 420, 417 (cheating), and 506 (criminal intimidation).

Ranganath has also filed a counter-complaint against the victim at the Vijayanagara police station in Mysuru city. He has alleged that the victim was blackmailing him with private photos and videos for Rs 15 lakh.

Basavanagudi Women's Police Station issued notices to the accused and victim, instructing their presence with documents and evidence. **-IANS**

City faces alarming surge in online job fraud cases

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Job seekers are being targeted by cybercrime at an alarming rate in the city. According to the latest statistics from the city police, a staggering 4,607 cases of online job fraud have been reported in the last few weeks. The second-highest reported cases involve a FedEx con with 250 instances, followed by Aadhar Enabled Payment System (AEPS) with 116 cases and sextortion with 115 cases. Four major categories affecting the city have been identified by the police. "Numerous complaints about AEPS, FedEx courier, sextortion through WhatsApp, and extortion have been observed," a senior official stated.

Special investigation teams have been formed in response, each headed by a respective DCP. AEPS cases will be led by DCP North East; FedEx cases will be under the charge of DCP Traffic East; sextortion cases will be handled by DCP Traffic North, and DCP Traffic South East will focus on online job fraud. The investigation will be overseen within their jurisdictional cybercrime police stations to ensure a thorough and proper examination of the cases.

Scams through access to deceptive websites are causing many individuals to fall prey, said another senior police official. In such cases, the correct URL is often neglected when conducting searches on search engines. "Fraudsters adeptly design websites that closely mimic official ones, introducing subtle spelling changes to deceive users," the official explained. "Exercising utmost caution is imperative, especially when dialling the accurate customer care number." Individuals often seek customer care helplines for a bank to initiate online banking. When searching for the contact number on Google, they inadvertently connect with a cyber fraudster. The official added that the lack of awareness or adherence to precautionary measures contributes to the continued success of cybercriminals preying on unsuspecting individuals.

The following measures are suggested by the police to steer clear of falling victim to cyber fraud, "Firstly, always rely on the customer service number provided on the service provider's official website. This ensures that you are in direct contact with legitimate representatives. Additionally, when using a merchant's mobile application, check for a dedicated consumer complaint redressal section to address any concerns promptly. For online interactions, pay close attention to the Twitter handles of companies, particularly those actively responding to customer posts. Be cautious if a company representative reaches out to you through a direct message (DM) on Twitter, as legitimate customer interactions typically occur publicly. Companies rarely initiate contact through DMs. The utmost vigilance is necessary when it comes to sharing sensitive banking information. Critical details such as credit/debit card numbers, CVV codes, ATM pins, banking passwords, or OTPs should never be disclosed over the phone or via email. Such information should only be shared through secure and official channels. Avoid clicking on suspicious links, leading to phishing scams or malware attacks. If you ever find yourself a victim of fraud, immediate action should be taken. Contact the police immediately to block any unauthorised transfers and notify your bank to prevent further financial harm," the police official emphasised.

According to the latest data, 4,607 online job fraud cases reported in the city

Rising tides of concern: Bengaluru lakes in peril

Nearly one-third of Bengaluru's lakes are classified with the worst water quality

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According to the water quality analysis report of 115 lakes last month by the Karnataka State Pollution Control Board (KSPCB), nearly 30% of the city's lakes have the worst water quality possible

Lake pollution in Bengaluru continues to be a colossal problem. As the city undergoes rapid urbanisation, more and more water bodies are becoming toxic. According to the water quality analysis report of 115 lakes last month by the Karnataka State Pollution Control Board (KSPCB), nearly 30% of the city's lakes have the worst water quality possible. The board has categorised 34 out of 115 lakes under class E, the bottom of the class for water quality.

What is more worrisome is that, despite their enormous importance, the number of lakes under class E has gone up. In September this year, nearly 20% of the lakes (20 out of 98 lakes) were under Class E. Needless to say, none of the Bengaluru lakes fall under Class C.

Experts say the situation is worrisome as October did not receive many rain spells, the prime reason for Bengaluru lakes' receiving high concentrations of untreated sewage and industrial waste. Others opine that the lakes are already polluted, and as and when the state pollution control board keeps increasing the number of water bodies on its list to monitor, many more under Class E will emerge.

"The number is going up because the total number of lakes being monitored has gone up. Having said that, none of the agencies are serious about maintaining the city's lakes. KSPCB is analysing the water quality of selected lakes, but there is no clarity on what grounds these lakes were selected. The idea should be to measure water quality, trace the pollution source, and fix the issue. However, only a few lakes have been monitored. When there are hundreds of villages without an underground drainage system in place, it is an open secret that raw sewage is being dumped into the lakes, leading to bad water quality," said Nagesh Aras, a city-based lake activist.

> **"BBMP should strengthen its water quality monitoring mechanisms. Continuous bad water quality will also impact lake ecology and biodiversity**
> – Raghavendra B Pachhapur, lake activist

Experts also underline that while urban water bodies are being rejuvenated, spending crores of rupees, most of them return to the same state after a few years of rejuvenation. It is time that the Lake Department of Bruhat Bengaluru Mahanagara Palike (BBMP), the custodian of city lakes, strengthens its water quality monitoring and pollution mitigation mechanisms. "From July 2023, KSPCB is providing detailed parameter-wise water quality analysis of lakes through which we can understand developments in the lake water from month to month. With increasing pollution in the lakes of Bengaluru, it's time for BBMP lake officials to be concerned about water quality in lakes. BBMP should strengthen its water quality monitoring mechanisms. Continuous bad water quality will also impact lake ecology and biodiversity," said Raghavendra B Pachhapur, another city-based lake activist.

Waste transfer stations wasting away

CONTINUED FROM PAGE 1

for the project. Then we can start operations."

With many landfills and waste processing plants, the mega transfer stations were proposed to store the city's waste and to be transported to the respective sites. In 2022, the state government gave the nod for the setting up of mega transfer stations at a cost of Rs 36.96 crore alongside operation and maintenance for seven years at a cost of Rs 267.65 crore. In total, the whole project was estimated to cost the Palike Rs 305 crore.

The city generates nearly 5,000 TPD waste; the mega transfer stations shall cover 10 wards each in the pilot based on the Indore model.

"As per the model, wet waste is brought into the mega transfer stations by auto tippers and dumped into hook containers. The waste is further compressed and wastewater is released into the UGD of the transfer station. The compressed wet waste collected in the hook containers is transferred to waste treatment plants. From the waste treatment plant, the rejects are dumped in landfills," said an official.

However, recently, deputy chief minister DK Shivakumar said all the landfills and waste processing plants will be shifted to uninhabited areas outside the city.

Regarding the delay in operationalising the Ejipura mega transfer station, civic activist R Rajagopalan had written to BBMP chief commissioner. The residents too highlighted concerns about the project not being operationalised in nearly six months.

"This world-class BBMP SWM facility, a gold standard in industrial automation, must proceed to be operationalised immediately, failing which there will be significant cost and consequences. The quality of operations, the life of the modern equipment and several vehicles which are rusting away without well-oiled use daily will all suffer despite this sizeable investment.

This is after all a total investment of Rs 25 cr of public funds that will be due to the approved enterprising contractors who put this up based on trust, no matter what attempts are made to scuttle the same by vested interests.

Multiple Lokayukta cases are done investigating the matter finding the complaints had no merit and the SIT investigation report last month too I hear cleared the project deployment to proceed," stated the letter addressed to BBMP chief commissioner.

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Garbage grief

Gandhinagar

Garbage woes plague Gandhinagar's Ward 95, where a dug area filled with trash emits an unbearable stench. Urgent action from BBMP is requested to alleviate the issue impacting local residents.

Road ruins

Nelagadaranahalli

Nelagadaranahalli Main Road, leading to Nagasandra metro station in Rukmini Nagar, faces deplorable conditions worsened by continuous rainfall, causing large potholes. Urgent attention is crucial for a safer commute.

Hazard halt

Lavelle Road

The Lavelle Road and Airlines Hotel Road junction, especially near the BMW Showroom, poses a health hazard and eyesore for four months. Urgent action is needed for a swift resolution.

Timely delivery: Trucks at your service

KSRTC intends to acquire trucks to enhance its revenue beyond fares; transport minister says luggage booking can be facilitated at its counters

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The Karnataka State Road Transport Corporation (KSRTC) is synonymous with operating buses, but the financially strained state-owned transport corporation now plans to own trucks to boost its non-fare revenue.

Transport Minister Ramalinga Reddy explained, "With approximately 8,000 buses, we aim to utilise the available space in these buses for transporting luggage. Initially, we outsourced this service to a private agency, earning Rs 3 crore in revenue. Subsequently, we opted to operate independently, offering a 20% commission for those utilising our space for goods delivery. This decision led to an increase in revenue, reaching Rs 13 crore annually. Currently, our plan involves the initial purchase of 20 trucks, with delivery expected by mid-December from Pune."

Each truck costs Rs 17 lakh, and with existing depots and mechanical teams, the government anticipates no additional burden.

"We can facilitate luggage booking at our KSRTC counters and provide online booking through our portals. If this initiative proves successful, we may consider expanding our truck fleet in the future," he added.

Meanwhile, officials said that in the future, they planned to introduce door-to-door delivery services. At present, the delivery is from one bus station to another. One is expected to drop the goods at a particular bus stand where cargo centre facilities are available and pick them up from the destination point.

For a long time, transportation corporations have been looking at various ways to boost non-fare revenue. First, the bus stands were redeveloped so that spaces could be given away for rent. Then, the KSRTC started operating parcel services. Initially, the parcels could be sent to 109 places spread across 88 taluks within Karnataka and six neighbouring states using the vast network of bus services being operated by the KSRTC and its sister firms headquartered in Hubballi and Kalaburagi.

Currently, the plan involves the initial purchase of 20 trucks

> **Private players such as these have been in this business for a long time. If KSRTC offers better services at a cheaper cost, there is a big market**
>
> –an official from a logistics company

For this purpose, two cargo centres are operational at Kempegowda Bus Terminal in Majestic and at Satellite Bus Terminal on Mysuru Road. In 2021, the then Chief Minister, BS Yediyurappa, launched 'Namma Cargo' services. Besides 88 locations within the state, the services also cover select locations in Andhra Pradesh, Telangana, Goa, Maharashtra, Kerala, and Tamil Nadu. Only parcels that can be transported via bus will be allowed.

KSRTC, North Western Karnataka Road Transport Corporation (NWKRTC), and North Eastern Karnataka Road Transport Corporation (NEKRTC) operate 51 lakh kilometre a day with 14,500 schedules transporting 38 lakh passengers per day. The massive network, officials said, will help in providing better, quicker services at a cheaper cost than private players. This is expected to balance the loss corporations make in running passenger services, just like the Indian Railways.

"Private players such as these have been in this business for a long time. If KSRTC offers better services at a cheaper cost, there is a big market for transporting small parcels. Buses also guarantee the dispatch schedule. Their entry will also help those who are in the international cargo business," said an official from a logistics company.

Verbal duel: Who stole electricity?

| Bangalore Mirror Bureau
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Even as the war of words erupts between Deputy Chief Minister DK Shivakumar and former CM HD Kumaraswamy, the latter revealed that he has been slapped with a penalty of Rs 68,526 for 'illegally' drawing power from pole to light up his JP Nagar home for Deepawali. HDK countered the Congress party, especially DKS, saying that he had not done anything illegal but only owned up to the mistake done by one of his staff.

On Friday, HDK termed the BESCOM fine as "unjust and excessive." HDK alleged that DKS too had resorted to illegal drawing of power when a mall that was constructed in a joint venture had done the same. However, reacting strongly to this, DKS said that he was open to a probe for any irregularities but clarified that though the land belonged to him, a builder had constructed the mall, and he had no knowledge of this, even though he would ask the builder to provide details.

The son of former Prime Minister HD Deve Gowda alleged that the imposition of the fine was politically motivated, citing his outspokenness against the ruling Congress government. In a letter to the assistant executive engineer of the Bangalore Electricity Supply Company Limited (BESCOM) vigilance police station, Kumaraswamy attributed the unauthorised connection to an electrician hired by his staff for testing purposes. He asserted that he was unaware of the actions, as he was not at home during the testing, which took place in his JP Nagar residence while he was in Bidadi, Ramanagara District.

Kumaraswamy contested the FIR's accuracy, pointing out discrepancies in the complainant's claim that he personally witnessed the theft. According to Kumaraswamy, the BESCOM engineer admitted that he initiated the case after viewing a video on electronic and social media.

Facing what he deemed an unreasonable demand for payment, Kumaraswamy stressed that he had every right as a consumer to voice concerns and protest against such practices. Accusing the ruling party of attempting to tarnish his reputation, Kumaraswamy highlighted a breach of official rules by an officer who provided a press statement without the Electricity Board's permission. He asserted that officers were influenced to follow political directives to discredit him for an action undertaken by the electrical contractor. The controversy arose on November 14, when the Congress accused Kumaraswamy of stealing electricity for illuminating his house during Deepawali. The ruling party shared a video purportedly showing an illicit power connection from an electric pole to Kumaraswamy's residence. The Congress conveyed its criticism on the micro-blogging site X, stating that the former CM's house was illuminated with illegal power.

Parking fracas: Not all barriers must be broken

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

A recent incident at the parking lot of Muneshwara Enclave in Amruthnagar has led to the registration of a First Information Report (FIR) by Amruthahalli police. The police have registered an FIR against Seshadri, one of the tenants, for breaking steel barriers put up by a senior citizen.

The police have registered the FIR under Section 427 (mischief) and 447 (trespassing) under the Indian Penal Code (IPC) 1860 against Seshadri. The complaint was lodged by T Venkataramana Reddy, a senior citizen, alleging that Seshadri has not only trespassed into his parking lot but also broken steel barriers put up by him.

According to the FIR, the incident occurred at 9 pm on October 3. "I approached Amruthahalli police, but they did not take my complaint. Then, I had to approach the Assistant Commissioner of Police (ACP), who directed the Amruthahalli police inspector to register my complaint. I have told Seshadri to use the space reserved for parking his vehicles and not to enter my property, but in vain. I was not at home when the incident occurred," said Reddy.

Expressing frustration, he emphasised the need for a swift police investigation to ensure justice. "I have been approaching the police for justice. I hope the police take suitable action against the accused per the law. As a senior citizen, I cannot run pillar to post," he said.

When contacted, Seshadri said that he had also complained to Amruthahalli police against Venkataramana Reddy and his wife for manhandling him, but the police registered a non-cognisable complaint. "It has become a habit for Venkataramana Reddy to trouble tenants. I did not damage the steel barrier. The complaint against me is a false complaint," said Seshadri.

The police have registered an FIR against the tenant for breaking steel barriers

> **I have been approaching the police for justice. I hope the police take suitable action against the accused as per the law. As a senior citizen, I cannot run pillar to post**
>
> –T Venkataramana Reddy

When contacted, Amruthahalli police said the case was under investigation.

Former Deputy CM Ashoka is Leader of Opposition in Karnataka Assembly

The BJP on Friday chose former deputy chief minister R Ashoka as the leader of opposition in the Karnataka Assembly.

Union Finance Minister Nirmala Sitharaman, BJP National General Secretary Dushyant Kumar Gautam, BJP state unit President B Y Vijayendra, and former chief ministers B S Yediyurappa and Basavaraj Bommai were among those present at the legislature party meeting, where Ashoka was picked as its leader. Ashoka, a seven-time BJP MLA, was the deputy chief minister in the BJP government from July 2012 to May 2013.

The senior BJP leader had the opportunity to work with five chief ministers as a cabinet member. As a minister, he had held various portfolios such as home, revenue, municipal administration, transport and health and family welfare. Ashoka is a prominent Vokkaliga face in the party, a community especially spread in the southern parts of Karnataka such as Bengaluru, Chikkaballapura, Mysuru, Mandya, Chamarajanagar, Ramanagara, Kolar, Tumakuru and Chikkamagaluru.

In his address, Ashoka said a sincere effort will be made to expose the "maladministration and corruption" of the ruling Congress in Karnataka before public. – PTI

Deve Gowda suspends ex-Karnataka unit JD-S chief Ibrahim for anti-party activity

Former Prime Minister and Janata Dal-Secular (JD-S) national president HD Deve Gowda on Friday suspended JD-S' former Karnataka unit president CM Ibrahim from the party. Citing Ibrahim's involvement in anti-party activities, the JD-S in a statement said "the decision was made in the interests of the party, due to his violations of discipline and the party constitution".

The party said Ibrahim has been "entirely inactive" during his tenure as the Karnataka unit president of the JD-S, failing to organise any programme to strengthen the party. "He had not undertaken a membership drive and blatantly violated the party's decision regarding the alliance with the BJP. The national president was granted full authority to decide on the alliance with the BJP for the upcoming Lok Sabha elections," the order maintained.

Despite Ibrahim's presence in the meetings conducted to decide on the alliance, he issued contradictory statements which were deemed damaging to the party. "On November 7, Ibrahim claimed to continue as the state unit president even after the executive committee was dissolved. He further urged leaders in favour of the BJP alliance to resign from the party," the JD-S statement read. – IANS

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CHANGE OF NAME

I, Kashif Mohammed, Aged 32 yrs, R/o. #1244, 14th A Crs, 29th Mn, BTM L/o, 2nd Stage, Blr-29, have changed my name to MOHAMMED KASHIF for all purposes.

I Hemanth Kumar S R/o No 34, Sri Nivasa, LV Enclave, Myadarahalli, Bangalore-560090 have changed my name to Hemanth Kumar Surendra Babu vide affidavit Dt: 15 Nov 2023 Sworn before notary L. Gopalakrishna

I, SUSHELLA HONNAVALLI HUCHHE GOWDA. Residing at #46, Chiguru, Nandi Riches Garden, NRI layout, Kalkere, Horamavu, Bangalore-43 have changed my name to SUSHEELA HONNAVALLY GOWDA vide affidavit dated 09/11/2023 before Notary R. Chandrashekar, Bangalore.

I Nayana.N R/a Flat No. G31, Cedar Building, Brigade Orchards, Devanahalli, B'lore-562110 have changed my name to Neha vide affidavit dt 17.11.2023, before notary B.M.Chandrashekar

I, Mujeeb Ur Rehman, aged about 63 years, S/o Abdul Rehman, R/a: No.15, Coconut Garden, 18th Halls Road, Sagayapuram, Bangalore-560005. I have changed my name to Muziboor Rehman. Vide affidavit dated- 13.11.23. Sworn before notary Chandrashekar M, Bangalore.

I, VEDANTH RAJU BHASKAR RAJU, S/o. Bhaskar Raju, residing at Flat #90, Golden Orchid Apartment, 10/8, Kasturba Road, Bengaluru 560001 have changed my name to VEDANTH RAJU, affidavit dated 16.11.2023 before notary Meer Hassan, B.lore.

I, Krishnamurthy Bileshivale Chikka Kempaaiah, S/o. Chikka Kempaiah, #164, Bileshivale, Dr. Shivaram Karanth Nagar, Blr-77, have changed my name to B. K. KRISHNAMURTHY vide affidavit Dtd: 16/11/23 before Notary M. Rajendra, B'lore.

I, Mohamed Haneef S/o Sarfaraz Ahamed R/o No.20, G.floor, Doddanasti main road, Chikkabasti, Bengaluru 560056 have changed my name to MOHAMMED HANEEF Affidavit Dt.17/11/2023 notary Harisha G, B'luru

I, Keerthana Krishnamurthy, D/o. Krishna Murthy B. K., #164, Bileshivale, Dr. Shivaram Karanth Nagar, Blr-77, have changed my name to KEERTHANA K. vide affidavit Dtd: 16/11/23 before Notary M. Rajendra, B'lore.

I, Shameem Noorullakhan, Aged 58 yrs, R/o. Abbas Mansion, Flat No. 4, 1st Flr, #23, 9th Mn, 3rd Crs, 1st Stage, BTM L/o, Blr-29, have changed my name to SHAMEEM BEGUM NOORULLAHKHAN for all purposes.

I, Ranjana Krishnamurthy, D/o. Krishna Murthy B. K., #164, Bileshivale, Dr. Shivaram Karanth Nagar, Blr-77, have changed my name to RANJANA K. vide affidavit Dtd: 16/11/23 before Notary M. Rajendra, B'lore.

I, Noorullakhan Ebrahim Khan, Aged 65 yrs, R/o. #4, 1st Flr, 23, 9th Mn, 3rd Crs, Opp. to Wellness Point, BTM L/o, 1st Stage, Blr-29, have changed my name to NOORULLAHKHAN for all purposes.

I, Mohammed Haneef S/o Mohammed Shariff R/o #331, 1st floor , Gollahalli Road Shikaripalya Electronic city B'lore-560100 have changed my name to Mohammed Hanif.

I Ragashree D/o Puttashama Vishwanath R/o No.5, 1 main road, Buddhajyothi layout, Virupakshapura B'lore 97, have changed my name to Ragashree Vishwanath for all future purposes.

I Narikamlli Manikanta, S/o Narikamlli Siva Brahmam, R/o 1454, 25th Main Road, Btm 2nd stage, Bangalore-560076, have changed my name to Narikamlli Manikanta Babu

I, Tajira Bi, Aged 55 yrs, R/o. #75, Bazzar Street, Neelasandra, Blr-47, have changed my name to TAJIRA BEE for all purposes.

LOST & FOUND

Lost of Document

I, Pooja Chikodi, resident of Ittina Apartment 1, No.43B, Balaji Layout, 4th Main Road, Hongasadra, Beguru Road, Bangalore, stating that, discharge deed for property No.BMH-1-07749/2022-23 at Mylasandra, Bangalore has been accidentally lost. I have submitted a complaint (LR No.0811038/2023) to Bangalore City Police in this regard. If anyone gets the said letter, they are requested to contact the above address or Mobile Number 9535999285

I. Nanjappa have lost my original sale deed documents of No.27, 1st Main road, Jalahalli Village, DOC No. reg no.1168 1974 1975, in Jalahalli Village. Lost report No. 0810279/2023. Finder Please Contact or Return to this Address. Nanjappa, No.34 Dasappa Garden Sharadamba Nagar, Jalahalli Village-560013. Phone No: 9964969639.

Global performance

Bollywood actress Nora Fatehi will embark on a grand World Tour in early 2024, during which she will not only perform her Bollywood solos but also unveil a new international track, solidifying her status as a stellar performer, bringing Bollywood's glamour, colours, and magic to an international audience.

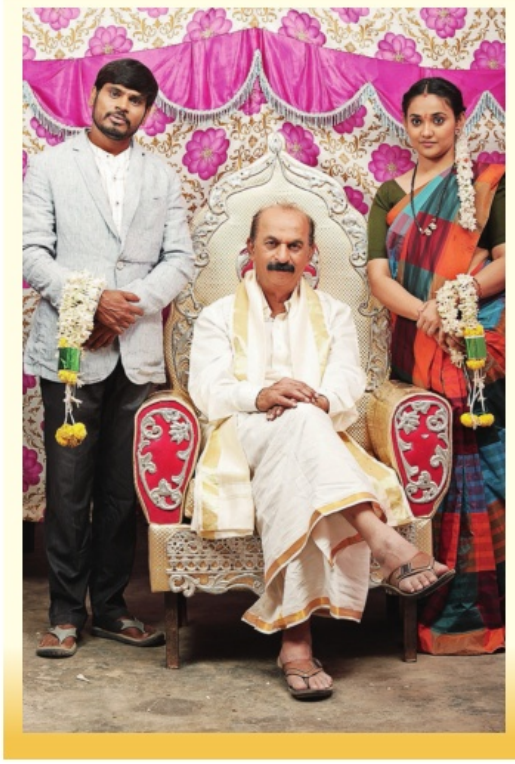
The tour will also showcase her vocal talents and see her dish out some of her more eclectic dance performances. Reaching international levels on this front marks a turning point in the 'Batla House' alum's career.

As her professional life is taking a new turn due to her world tour, Nora Fatehi is also gearing up to star in a roster of upcoming films. She is poised to make her Telugu debut in actor Varun Tej's film 'Matka'.

Nora is set to grace the screen alongside Vidyut Jammwal in the high-octane thriller 'Crakk'.

— IANS

Script mastery



Director Lingaraju Uchchangi Durga skillfully transports audiences to a village steeped in superstition, inhabited by gullible individuals, a greedy astrologer, and lazy youths. The lush greenery depicted in the movie is a visual delight, complementing its strong message, particularly for aspiring youths striving to make a mark in society.

Choosing the ideal script for Dharmanna Kadur's debut as a hero, Director Lingaraju Uchchangi Durga adeptly manages the megaphone, ensuring each actor receives equitable screen time. His distinctiveness lies in faithfully adhering to the script and portraying convincing characters, including the astrologer, his wayward wife, greedy relatives, an affectionate aunt, and the eloping lovers.

The movie begins with police visiting Bankapur to catch some villagers known for playing cards. Siddarama (Nagendra Shah) is the leader of the gamblers in the village. His wife gives birth to a baby boy and dies. An astrologer says that the baby boy was born at an inauspicious time. He advises Siddarama to offer pooja to get rid of bad luck. Everyone, including Siddarama, considers Pranesh (Dharmanna) as an unlucky person in the village.

Meanwhile, Dharmanna decides to pursue higher studies and pass the KAS examination to become a tahsildar, but his father and relatives object to him, stating that no one in their family pursued higher studies. Will Dharmanna realise his dream of becoming a tahsildar is what Rajayoga is all about.

Dharmanna Kadur, who debuts as a character artist in Rama Rama Re, walks away with all honours for his sterling performance in this movie. Niriksha Rao, who played the heroine, has proved her acting skills. Veteran actor Nagendra Shah delivers a superb performance as a card-playing addict and conflicted father.

—Y Maheswara Reddy

RAJAYOGA
3.0 RATING ★★★☆☆
- **DIRECTOR** Lingaraju Uchchangi Durga
- **ACTORS** Dharmanna Kadur, Niriksha Rao, Usha Ravishankar, Nagesh Sha, M K Mata
- **CERTIFICATION** U/A
- **Duration** 162 minutes

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IN 4DX AT
PVR-INOX CINEMAS {Phoenix Market City, 9:45 p.m. | Forum Mall, Kormangala, 9:45 p.m. | Orion Mall, 11:05 a.m. | Vega City Mall, 11:05 a.m. | Superplex Falcon City, Kanakapura Road, 9:45 p.m. | Bhartiya City, 11:05 a.m. | Global Mall, Mysore, 9:45 p.m.} | CINEPOLIS CINEMAS {Shantiniketan, 4:45 p.m.}.
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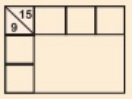
SOLVE IT IN A MINUTE

The average of six numbers 12,16,22,24,27 and 'x' is 20. Find the value of 'x'.

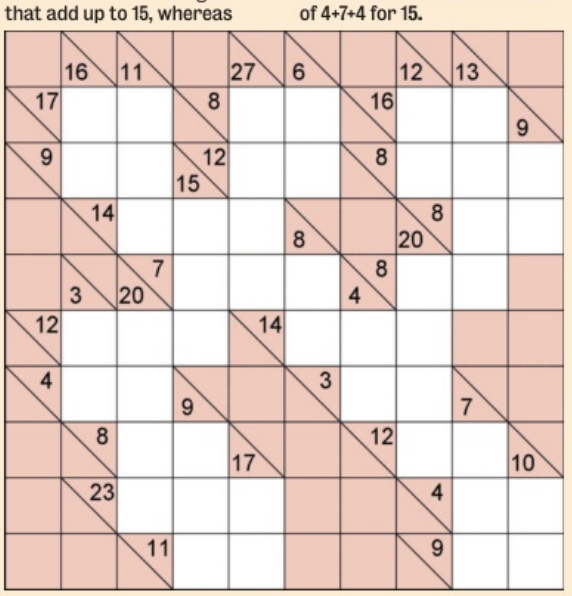
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

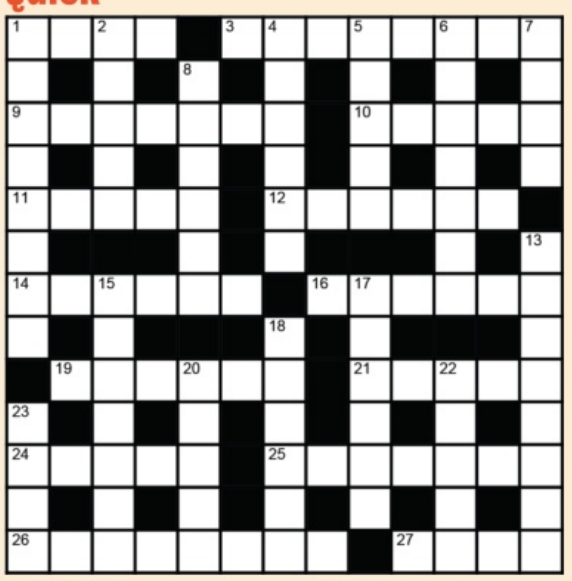


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Forehead (4)
3 Noms de plume (3-5)
9 Supplier of food (7)
10 Blinks, makes an amorous sign (5)
11 Upper coverings of houses or buildings (5)
12 Most diffident or most retiring (6)
14 Evaluate (6)
16 Notices or sees (6)
19 Entails or necessitates (6)
21 Sum up (5)
24 Hoboes' bundles (5)
25 Take ____ at : feel offended at? (7)
26 Dissects (8)
27 Understanding term? (1,3)

DOWN

1 Two-humped camel (8)
2 Bone prefix (5)
4 Way out (6)
5 Full of information (5)
6 Curved upper surfaces of liquid in a tube? (7)
7 Fair to middlin' (2-2)
8 Comes up (6)
13 It's used in making synthetic rubber -"sine rope" anagram? (8)
15 Where three rivers meet in Karnataka (7)
17 Scours (6)
18 Take as read (6)
20 Recant or take back what was uttered (5)
22 Category (5)
23 Largest continent (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: E EQUALS D

EU SUI LZKP EZKID OU TAXD, WAI PKIDZP IDZ BSKEZCAKIZ QBLZ.

Linemaro

Was your father a thief? He stole the stars from the sky and put them in your eyes..

Mindchow

There has been only one Christmas the rest are anniversaries

Joke of the day

Why does night fall but never break and day break but never fall

Loop

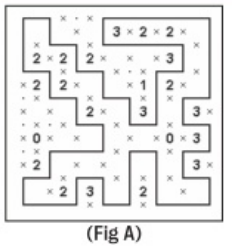
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

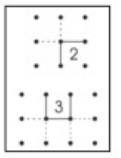
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

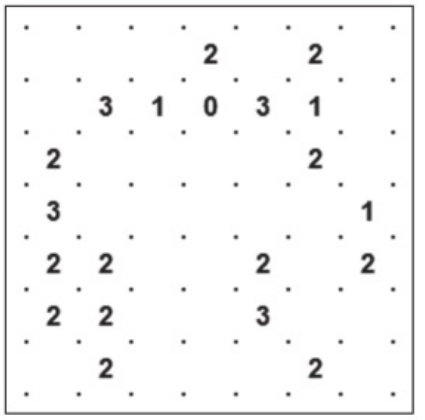
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



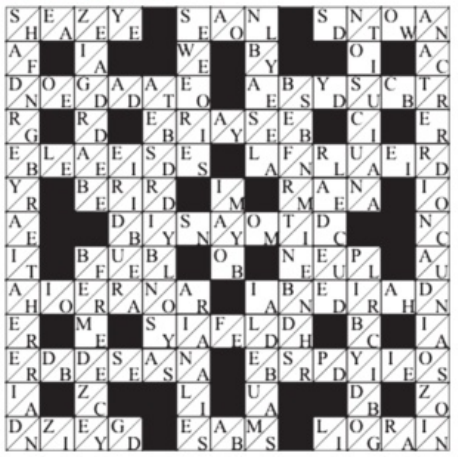
(Fig A)



(Fig B) Not Allowed



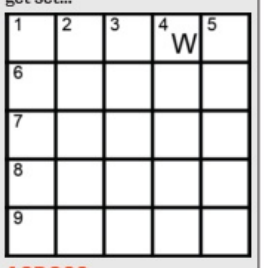
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Cowls; 6 IR Arm; 7 Umami; 8 Tonne; 9 Gosh G

DOWN

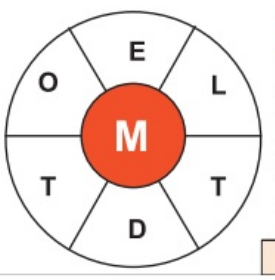
1 H mist; 2 Comae; 3 Organ; 4 Rung W; 5 Milos

Mensapuzzle

Which number is the odd one out?

3861 8712 5247 4356 1485 3645

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

09 Average; **10** Good; **12** Outstanding

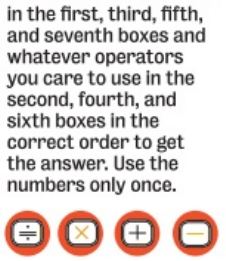
SudokuChallenge

9	5				4	2	6	
8				1		7		4
						9		
	7	3	5	9			2	
	6			3	2	5	4	
		4						
3		8		4				7
	1	7	6				9	2

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 13

2 4 5 6

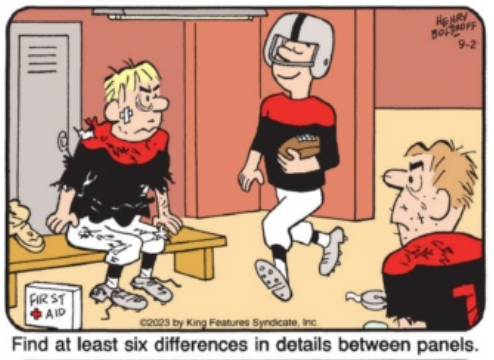
Medium = 9

1 5 6 9

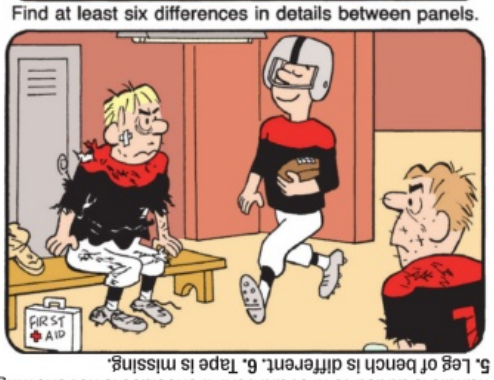
Hard = 6

2 6 7 3

Hocusfocus



Find at least six differences in details between panels.



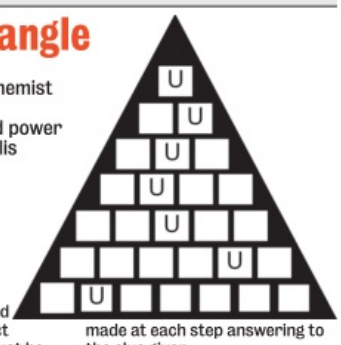
Differences: 1. Leg is moved. 2. Light is not as wide. 3. Handle is added to first aid box. 4. Shoelace is not showing. 5. Leg of bench is different. 6. Tape is missing.

Riddler

If Dan takes two hours to dig one hole and Tom takes one hour to dig two holes, how long will it take both of them to dig three holes?

Alpha triangle

1 Uranium symbol
2 Copper for the chemist
3 Young animal
4 Raise to the third power
5 Die Hard star Willis
6 Little angel
7 Seller of meat



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

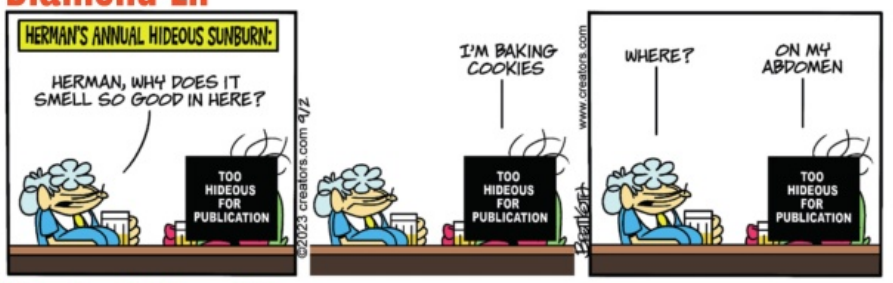
COMICS

Redeye by Mel Casson

WOW! DO I FEEL GREAT THIS MORNING
?
I JUST ATE A PAIR OF GOLF SHOES, A TENNIS RACKET AND TWO BARBELLS!
8-19
YOU HEALTH-FOOD NUTS GIVE ME A PAIN!

Bizarrotrip

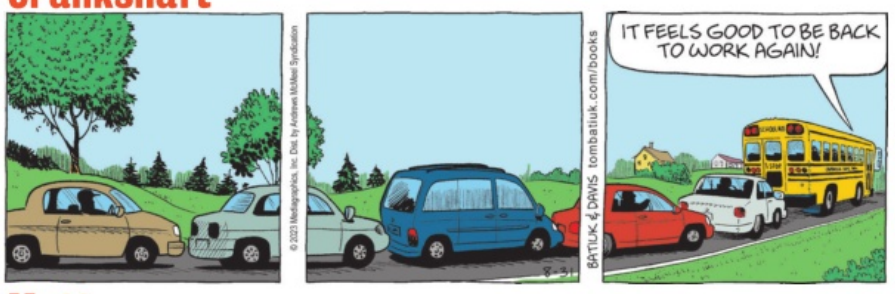
Diamond Lil



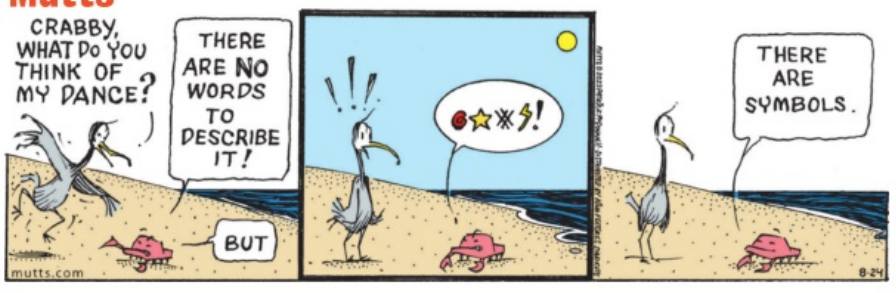
Hart of the city

BEEP! BEEP!
CHARLOTTE! DEAN! LET'S GO TO THE DANCE!
SORRY ABOUT THE CONFETTI, MRS. CHARLOTTE'S MOM!
I'LL CLEAN IT UP LATER!!
HEART OF THE CITY © 2023 ANDREWS MCMEEL
@OOMICS.COM/HEARTOFTHECITY

Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are more energetic and excited. Your focus on your goals might be very good. Your network may help you grow your business. You are advised to follow your intuition before making investments in fixed assets. The emotional relationship with the spouse is likely to improve, which will maintain domestic harmony. Singles may find a soul mate with the help of siblings or friends.

Taurus Apr 21 – May 20
Today, you may be busy with family and friends, but you will plan to go on outings. Kids' education will also make you busy. Kids' health may make you upset. You are advised to keep control of your tongue and ego; otherwise, it may affect your domestic harmony.

Gemini May 21 – Jun 21
Today, you are advised to be careful when signing contracts. You are advised to read documents carefully before signing an important document. Due to overexcitement, you can make silly mistakes. Your boss may be cooperative now. You are likely to expect to get a promotion in terms of your job. Lovebirds are advised to avoid discussing family matters.

Cancer Jun 22 – July 23
Today, you may feel dull. It will make you impatient and nervous, and you will criticise yourself. You are advised to keep an eye on your opponents and rivals. You shall avoid fantasy in your efforts in terms of your profession. You will postpone making new investments. You are advised to take care of your mother and elders.

Leo Jul 24 – Aug 23
Today is a favourable day for you. You are likely to get some inherited property. You may also expect to recover bad debt, which may boost your financial health. Losses are likely to be converted into profits now. There may be some improvement in relationships with loved ones. Students will be able to choose the right career.

Virgo Aug 24 – Sep 23
Today, you may be busy at work. You may make some important decisions in terms of work, which may increase your business. You may also expect a large order, which may increase business. Disputes with the spouse will be settled now, which may create family harmony.

Libra Sep 24 – Oct 22
Today, you are blessed by elders. You may be more spiritual. You are likely to visit some religious place with family and friends. You will also plan to visit some of your elders or consultants to get advice. Singles are likely to find their soulmate. Love birds will be happy when dating.

Scorpio Oct 23 – Nov 22
Today, you may feel dull. You may have some mysterious scars around you. You are advised to visit some religious place or chant some prayers to come out of this messy situation. You are advised to keep an eye on opponents and business rivals; otherwise, you may be a victim of a conspiracy. It is advised for lovebirds to avoid making unnecessary arguments.

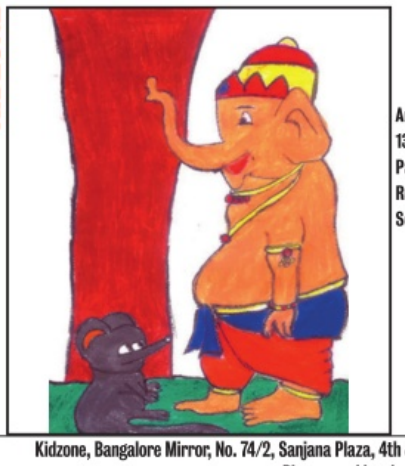
Sagittarius Nov 23 – Dec 22
Today, you may be busy with family and friends. You may plan to go to a party or watch movies. Mutual respect may arise between couples, which may be a reason for a strong foundation in your domestic life. In partnerships, many disputes may be resolved. Students are advised to make quick decisions in terms of their careers. Lovebirds may make some important decisions in terms of marriage.

Capricorn Dec 23 – Jan 20
Today, you may perform well at work. Your bond with the boss is likely to improve. Your opponents and rivals are now under control. Money, which was stuck, is likely to be recovered now. That may increase your liquidity in the business.

Aquarius Jan 21 – Feb 19
Today, you may be busy with kids' issues. Kids' health is likely to improve. You may plan for kids' academics. Couples may welcome a new child into the family. You may use your presence of mind to settle the disputes in terms of business and social life.

Pisces Feb 20 – Mar 20
Today, you may be disappointed. You are not focused. Negative thoughts may make you upset. You are advised to connect with the positive people around you. You may plan to migrate from one place to another. Job seekers may find a new job; students are advised to keep patience. Singles are likely to find a good match.

KIDZONE



Amulya, 13 Years, Parachute Regiment School

Pawan kumar D, 14 years, Raja Rajeshwari High School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(12+16+22+24+27+x)/6=20
101+x=120
x=120-101
x=19

RIDDLER
One hour and twelve minutes

BULL'S EYE
dome, meld, melt, mode, model, mole, mote, motel, mottle, MOTTLED, tome, totem

FAST FIVE

S	C	O	W	L
M	A	R	R	I
I	M	A	U	M
T	E	N	N	O
H	O	G	G	S

STRIKE OUT

H	A	Z	Y	E	O	N	S	T	O	A				
A	A	W	Y	O	C									
N	E	G	A	T	E	A	B	D	U	C	T			
G	R	E	R	A	S	E	C	E						
B	L	E	E	D	S	A	F	R	A	I	D			
A	Z	T	E	R	E	R	W	I	N	K	S			
D	I	E	D	S	A	M	L	O	A	N				

QUICK

B	R	O	W	P	E	N	N	A	M	E	S			
A	S	A	G	E	E	O								
C	A	T	E	R	E	R	W	I	N	K	S			
T	E	I	E	S	I	O								
R	O	O	F	S	S	H	Y	E	S	T				
A	S	S	E	S	E	S	P	I	E	S				
N	A	C	E	L	U									
O	R	E	C	A	P									
S	W	A	G	S	U	M	B	R	A	G	E			
A	G	N	S	U	L	R								
E	N	D	U	E	S									
I	M	A	M	I	N	D	I	A	N					
S	H	Y	E	S	T									
A	N	A	L	Y	S	E	S	I	S	E	E			

MENSA PUZZLE
36&5: in all the others the number formed by the first two digits added to the number formed by the second two digits equals 99.

QUOTE UNCODE
Do not fear death so much, but rather the inadequate life.

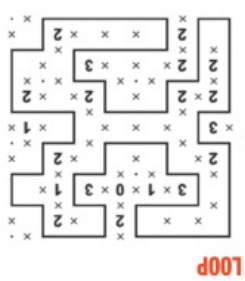
SUDOKU

9	5	1	8	7	4	2	6	3
8	3	6	2	1	9	7	5	4
4	7	3	5	6	9	8	1	2
2	8	5	4	6	1	3	7	9
1	6	9	7	3	2	5	4	8
6	9	4	1	2	7	8	3	5
3	2	8	9	4	5	6	1	7
5	1	7	6	8	3	4	2	9

ALPHA TRIANGLE
U, Gu, Cub, Cube, Bruce, Cherub, Butcher.

GO FIGURE
Easy
5 + 4 + 6 − 2 = 13
Medium
9 − 5 − 1 + 6 = 9
Hard
2 + 3 + 7 − 6 = 6

LOOP



KAKURO

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5 -star finish for your home

6 ways to make sure you have posh experience at your home without breaking the bank

Glamour, panache and elegance are probably three words that define luxury interiors the best. But these don't have to be limited to posh hotels; you can also experience the comfort, opulence and the high-life at home. All you need to do is make a few changes and add some extras to your home. Read on for some tips from Priyanka Singh, VO Living, to bring home the magnificence of a hotel!

Create Eye-Catching Seating

The living room is the nucleus of your home and a spot to socialise. Create a functional yet impressive seating arrangement with multiple pieces of furniture rather than just a sofa. Consider long sofas, tub chairs, and lightweight pouffes that provide both cosiness and flexibility for social distancing. Additionally, invest in a beautiful office table and lamp to create an ideal workspace that will spark conversations about your work-from-home routine.

Rethink The Lights

Create a warm and joyful atmosphere with ambient and layered lighting. Incorporate hanging lights such as chandeliers, pendant lights, and string lights throughout your home. Adorn the outdoors with starry lights, uplighters, and downlighters. Consider draping string lights over hedges and trees, ensuring the lighting is ample yet not overly bright.

Add Wallpapers And Artwork

Spruce up your home without the hassle of painting. Classy wallpapers and eclectic wall art can infuse charming allure into any space. Use them to highlight specific walls, and consider bright-coloured artificial flowers in decorative vases to bring variety and vibrance to your décor.

For a luxiourious interior feel, you don't have to spend too much. All you need to do is make a few changes and add some extras to your house

Embrace Greenery

Don't you love the touch of green in the lobby of a luxury hotel? Incorporating indoor plants is a great way to reconnect with nature and bring in elegance. Arrange them as part of your interiors, placing them in stylish large pots as corner or centrepieces. You can also create assortments of plants in different sizes and shapes for various nooks, decorate with small pots on display shelves, or hang them in corners.

Pick The Right Furnishing

Pay attention to curtains, draperies, sofa upholstery, and blinds – these have the potential to elevate the ambience to a luxurious level. Opt for materials such as silk, damask, velvet, and satin, which boast a glossy finish that imparts a radiant glow to any room. Consider options like wool, fur, or viscose when considering carpets, as they offer a soft and comfortable sensation underfoot. Alternatively, Persian or sisal carpets can enhance the overall aesthetic of your interior space. By carefully choosing these furnishings, you can add a touch of opulence and create an atmosphere reminiscent of a five-star experience.

Choose The Apt Colour Palette

Have you ever noticed the serene and gentle colour palettes often used in hotels? These shades are carefully selected to create a soothing atmosphere without being overwhelming or loud. Soft hues can evoke a sense of leisure and relaxation. Consider incorporating light blue, beige, or subtle bronze on the walls or ceiling to establish a smart and cosy ambience. For an added touch of elegance, you can even introduce gold tinsel paint to infuse a hint of luxury. Alongside colours, patterned wallpapers can be a fantastic choice to enhance the room's character and beauty. Explore options like classic damask, nature-inspired prints, or delicate traditional motifs that can fill the space with charm. Additionally, incorporating smart metallic accents can bring a dazzling touch to your living room, elevating its overall aesthetic..

— Kalwyna Rathod, Femina

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